

Keeping the bugs off of your pet

Flea/Tick

It is important to evaluate risk and seasonality. Do NOT buy into one-size-fits-all, year-round protocols. *Conventional products are harsh pesticides, neurotoxins which can have a multitude of adverse effects. Do not assume because your conventional vet prescribed them, that they are safe. Read this article for more information on this topic:* <https://www.barkandwhiskers.com/2023-07-24-flea-tick-products/>

Wondercide – <https://www.wondercide.com/collections/dogs-flea-tick-spray>

- Has some added chemicals, but still topical and less toxic than the conventional oral or spot-on products
- They also have a selection of home and yard products

Essential oil sprays –

- DIY or Pre-made
- You can find recipes online
- Use good quality oils
- Eucalyptus, citronella, lemongrass, geranium, catnip oil, any citrus are good choices to try

Garlic powders - *Springtime Bug Off*

<https://www.springtimeinc.com/product/bug-off-garlic-dogs/Natural-Dog-Supplements>

Herbal powder – *Earth Animal* – some sourcing from out of the US, so cannot be verified. Still better than conventional preventatives:

<https://earthanimal.com/product/natures-protection-flea-tick-daily-herbal-internal-powder-yeast-free/>

Coffee grounds – I have not tried this, but did read that if used coffee grounds are worked into the coat and rinsed out, it will help to repel unwanted bugs

This is an excellent article from Dogs Naturally with more DIY recipes:

<https://www.dogsnaturallymagazine.com/natural-solutions-tick-season>

Regular shampooing with a non-chemical soap followed by a vinegar rinse with 1 cup apple cider vinegar in 1 quart water.

Diatomaceous earth (food grade in case your pet ingests some) can be dusted into pet coats and under cushions or in carpeting. This kills the insects if they ingest it.

One thing I recently learned is that raising poultry will also help control ticks and other insects. This may not be for everyone, but it is a great option if you have the capacity to do so. Chickens and turkeys eat many types of insect larvae, which for them, is a very nutritious snack. Wonderful symbiosis!

Species appropriate, fresh-food diet will help make your pet less attractive to the bugs

Using more than one product simultaneously will help enhance the effects. Every pet and situation is different, so you will need to try some different things to see what works best for you and your pet.

Heartworm

Heartworm disease is never spread dog to dog; it is only spread by mosquitoes. Here is our blog article on heartworm disease risk and treatment:

<https://ahavet.com/heartworm-what-is-the-risk-to-your-pet/>

Note the importance of temperature in assessing the risk of heartworm disease

Natural repellents as listed above for flea tick can also be used to repel mosquitoes

In most areas year round prevention of any kind is unnecessary

It can take up to 6 months to detect an infestation in the blood, so I recommend testing in the spring to check for exposure during the previous summer season.

For high-risk areas, for dogs that are not sensitive, I recommend ivermectin-only products. Livestock injectables for cattle and sheep are available over the counter and can be used at a dose of 1cc per 100lb body weight. ****Do NOT use pour-ons or dips as they are not safe for oral use****. Be sure the product you choose is ivermectin only, and no other pharmaceuticals.

There are 2 oral herbal treatments that can help eliminate the heartworm larvae if you are in a high risk area and prefer to avoid any chemical intervention:

Azmira Parasitic DTox - <https://azmira.com/products/herbal-extracts/giardia-and-parasitic-dtox/>

Amber Naturalz HWF Clean Heart - <https://www.ambernaturalz.com/index.php/product/hwf/>

Either of these can be used, and ideally, I would rotate them to get full benefit. Pick one for 5 days, take 2 days off, and then use the other for 5 days on and 2 days off. There are no guarantees here, but this is a much safer option and in otherwise healthy pets should be effective.

I would still suggest annual heartworm testing.